Lord, rebuke me not in Your wrath, neither chasten me in Your hot displeasure; for Your arrows have sunk into me and stick fast, and Your hand has come down upon me and pressed me sorely. I do confess my guilt and iniquity; I am filled with sorrow for my sin (Psalm 38:1-2, 18).

With the Lord's discipline upon His children, conviction and repentance follow. Paul said this to the Corinthians: Yet I am glad now, not because you were pained but because you were pained into repentance; for you felt a grief such as God meant you to feel, so that in nothing you might suffer loss through us or harm for what we did; for godly grief and the pain God is permitted to direct produce repentance that leads and contributes to salvation and deliverance from evil, and it never brings regrets (II Cor. 7:9, 10). We shall surely submit to our heavenly Father's discipline, if that is the cause of our pain and sorrow. The good that will come out of repentance will be for the glory of the Father and His Son YAHSHUA, and for the healing of our body. The first step we must take in seeking healing must be the step of recognition of our sin against God. The second step is to confess our sins to Him; the third is to repent of our sin, the fourth is to return to the Lord, the fifth step must be to submit and accept His discipline, the sixth is to seek His healing and the seventh step is to direct the mind to think on whatever is true, whatever is worthy of reverence and is honorable and seemly, whatever is just, whatever is pure, whatever is lovely and lovable, whatever is kind and winsome and gracious, if there is any virtue and excellence, if there is anything worthy of praise, think on and weigh and take account of these things [fix your mind on them] (Phil. 4:8). Do not fret or have any anxiety about anything, by prayer and petition, with thanksgiving, continue to make your wants known to God, and His peace, which transcends all understanding shall garrison and mount guard over your hearts and minds in MESSIAH YAHSHUA (Phil. 4:6,7).

Faith applied in our thoughts and actions will surely touch the heart of YAHWEH, for it is with faith that we please Him; if we believe in Him with our heart, and proclaim Him with our mouth; we will act in faith and blessings will show in our life. The psalmist proclaimed, I shall not die but live, and shall declare the works and recount the illustrious acts of the Lord; He has chastened me sorely, but He has not given me over to death; I will confess, praise and give thanks to You, for You have heard and answered me; and You have become my Salvation and Deliverer; You are my God, and I will confess, praise, and give thanks to You; You are my God, I will extol You. O give thanks to the Lord, for He is good; for His mercy and loving-kindness endure forever (Psalm 118). When we seek healing we must be prepared to go through the steps of faith based on the Word of God. They are steps traced by our heavenly Father to bring us to the path of sanctification. King Salomon in his prayer said, When they (Israel) sin against You-for there is no one who does no sin- and You are angry with them and hand them over to the enemy... and when they come to their senses in the land where they were deported and repent and petition You in their captors land: We have sinned and done wrong; we have been wicked, and when they return to You with their whole mind and heart... may You hear in heaven, Your dwelling place, their prayer and petition and uphold their cause. May You forgive Your people who sinned against You all their rebellions against You (I Kings 8:46-50). Contrition of the heart opens heavens and our prayers are heard. The Lord said to Salomon, If My people

who are called by My name **humble** themselves, **pray and seek My face**, and **turn from** their evil ways, **then** I will hear from heaven, forgive their sin, and heal their land (II Chro. 7: 14). The sacrifice pleasing to YAHWEH is a broken spirit; YAHWEH, You will not despise a broken and humbled heart (Psalm 51: 17). But this is the man to whom I will look and have regard: He who is humble and of a broken or wounded spirit, and who trembles at My word and reveres My commands (Isaiah 66: 2b).

In your need, set your heart to seek the Lord with prayer and supplications, and with fasting. While Daniel was praying, confessing his sin and the sin of his people and presenting his supplication before the Lord his God, the man Gabriel came near to him and touched him (Daniel 9). Yes, we all need the touch of YAHWEH in times of our greatest needs. But His mercy will not reach us when our heart is proud and rebellious against Him and His ways. We must draw near to the Lord with sincere heart, in absolute trust and confidence in His power, for we have been sprinkled and purified from a guilty conscience and our body cleansed with pure water; so let us seize and hold fast and retain without wavering the hope we cherish and confess and our acknowledgement of it, for He Who promised is reliable and faithful to His word (Heb. 10: 22-23).

God will not apply discipline on us if we are walking with Him; they are sent do us for correction and for direction. The path of righteousness is not easy; our soul fights against it seeking an easy way to satisfy our flesh. However, the cross has been already carried by our Savior; His death has already happened to free us from the power of the devil, from the power of the flesh and of the world. But it does not stop there; we have the responsibility before YAHWEH'S action to free us- our surrender to His will and obedience to His word. Otherwise it will be a one-sided deal. He said if you want to follow Me, you must deny self, and carry your cross; you must go through the narrow gate of surrendering of self to reach heaven. In our disobedience to Him, He brings us back through sickness and many other circumstances to align our will to His will; our emotion to His emotion; our thoughts to His thoughts. And this way we will be one in Him and with Him. Let's learn to abhor our sins and stop blaming its consequences on the devil; let's turn to the Lord with brokenness of heart; His word says He will heal us of our diseases, that is, in His own time and manner of sanctification. Jeremiah said, Who is he who speaks and it comes to pass, if the Lord has not authorized and commanded it? Is it not out of the mouth of the Most High that evil and good both precede? YAHSHUA said, the sheep that are My own hear and are listening to My voice; and I know them, and they follow Me; and I give them eternal life and they shall never lose it or perish throughout the ages; and no one is able to snatch them out of My hand (John 10). Not even the devil with all his schemes. We are pretty much to be blamed for the consequences of our sins. Confess to one another therefore your faults and pray for one another, that you may be healed and restored. The earnest prayer of a righteous man makes tremendous power available (James 5:16). Come to the Lord with confidence of faith, and not with doubts of the mind.